

ABSTRACT OF THE DISCLOSURE

An information recording and playing apparatus includes a recording/playing unit to perform background formatting on a rewritable recording medium together with
5 recording/playing of data on the rewritable recording medium according to a user's request. The information recording and playing apparatus further comprises a control unit to prevent a position where the recording/playing of data on the
rewritable recording medium is completed from being too far
10 apart from a position where the background formatting is to be started.